

# Astral Nap

[Will/Hard]

Default: none

[This skill](#) is useless unless the user has some way to visit the astral plane (such as either the Astral Travel power or the Planar Visit spell). A successful roll will allow the user to carefully balance his astral form so that it and his physical body are effectively 'orbiting' each other; this allows the caster to stay in astral form for a total of eight hours without spending more FP/HP, or re-rolling. However, the user may do **nothing else** except 'sleep;' he may not even lucidly dream. Also, the user is hideously vulnerable while in this condition: no active defenses may be used at all, and any damage done will mentally Stun him for (20-IQ) seconds, noncumulative.

On the plus side, sleeping this way is incredibly restful. Successful use of Astral Nap will give a +4 to all HT rolls involving Light Sleep or Insomnia (PCs with these Disadvantages who use Astral Nap regularly should buy them off; either partially via Mitigator, or just completely). Attacks of Chronic Pain will not occur at night. Nightmares is simply not compatible with this skill: once Astral Nap is learned, the user *must* buy off Nightmares using available and future XP. For those who sleep normally: sleep done

under the use of Astral Nap counts double for purposes of recovery and healing, which effectively means that the patient can make an extra roll to recover HP every three days. Physicians attending to the patient also get a +4 to their rolls for *that patient only*.

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